



The Empowerment Exchange of Rensselaer County
 2136 Burdett Avenue Troy, NY 12180
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 EmpowermentExchange@mhepinc.org
 mhempinc.org/empowerment-exchange

The Empowerment Exchange is a peer-based organization dedicated to offering support that will encourage people to find their personal power and to use their own unique voice. As current or former recipients of mental health services, we believe that recovery is possible for everyone. At the heart of our work is the belief that people can reclaim their lives, independence, and hope. The support we offer includes individual and group peer mentoring, advocacy, as well as a peer-run warmline.






Support Groups: Healing does not occur in isolation. Join a community of peers through fun, enriching activities and supportive discussions.

One on One Peer Support: Meet with a peer support mentor individually to work on specific goals related to your recovery.

Warmline: A confidential, nonjudgmental service that offers peer support over the phone 9am-9pm, Monday through Saturday.
 Call **800-643-7462**

Group/Activity	Day/Time	Location
Bicycle Riders Meet-Up		For information, contact Janet Chester at 518-764-2054
Game Group	Mondays, 2:00 – 3:00 pm	Zombie Planet, 1238 Central Ave. / Albany, NY
Alternatives to Suicide	Tuesdays, 4:30 - 5:30 pm	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY
Meditation	Wednesdays, 2:00 - 3:00 pm	Lansingburgh Library, 27 114 th St. / Troy, NY
Hearing Voices	Thursdays, 4:00 - 5:00 pm	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY
Mood Boosters	Thursdays, 11:00 am - 12:00 pm	Rensselaer Library, 676 East St. / Rensselaer, NY
Women's Network	Thursdays, 3:00 - 4:00 pm	Independent Living Center, 15 3 rd St. / Troy, NY
Life Changes	Thursdays, 4:00 - 5:00 pm	Independent Living Center, 15 3 rd St. / Troy, NY
Coffee Hour	Fridays, 10:00 – 11:00 am	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY
Men's Network	Fridays, 11:00 am - 12:00 pm	Bruegger's, 55 Congress St. / Troy, NY
Expressive Writing	Fridays, 1:00 - 2:00 pm	Lansingburgh Library, 27 114 th St. / Troy, NY
Albany Women's Group	Fridays, 3:00 – 5:00 pm	Howe Library, 105 Schuyler St. / Albany, NY (Large Conference Room)
Movie Nights	Fridays, 5:30 - 8:00 pm	Empowerment Exchange, 2136 Burdett Ave. / Troy, NY
Wellness for Women	Saturdays, 11 am – 1 pm	Cohoes Falls Apartments, 2 N Mohawk St., Cohoes, NY

August 2019 - Empowerment Exchange Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mood Boosters 11:00 am / Renss. Library Women's Network 3:00 pm / ILC Life Changes 4:00 pm / ILC Hearing Voices 4:00 pm / EE	2 Coffee Hour 10:00 am / EE Men's Network 11:00 am / BB Writing 1:00 pm / LL Albany Women's Group 3:00 – 5:00 pm / AL Film: Tombstone 5:30 pm / EE / 2 h 10 m / R	3 Wellness for Women 11 am – 1 pm / CNY
5 Game Group 2:00 pm / Z	6 Alternatives to Suicide 4:30 pm / EE 	7 Meditation 2:00 pm / LL	8 Mood Boosters 11:00 am / Renss. Library Women's Network 3:00 pm / ILC Life Changes 4:00 pm / ILC Hearing Voices 4:00 pm / EE COOK OUT AT EE Cooking starts at 5:30. 5:30 – 7:00 pm / EE 	9 Coffee Hour 10:00 am / EE Men's Network 11:00 am / BB Writing 1:00 pm / LL Albany Women's Group 3:00 – 5:00 pm / AL Film: Can You Ever Forgive Me 5:30 pm / EE / 1h 46 m / R	10 Wellness for Women 11 am – 1 pm / CNY
12 Game Group 2:00 pm / Z	13 Alternatives to Suicide 4:30 pm / EE	14 Meditation 2:00 pm / LL	15 Mood Boosters 11:00 am / Renss. Library Women's Network 3:00 – 5:00 pm THE SNOWMAN 531 Fifth Ave. (114 th St.) Lansingburgh NO LIFE CHANGES! Hearing Voices 4:00 pm / EE 	16 Coffee Hour 10:00 am / EE Men's Network 11:00 am / BB Writing 1:00 pm / LL Film: Iron Man 3 5:30 pm / EE / 2h 10m / PG-13	17
19 Game Group 2:00 pm / Z	20 Alternatives to Suicide 4:30 pm / EE	21 Meditation 2:00 pm / LL	22 Mood Boosters 11:00 am / Renss. Library Women's Network 3:00 pm / ILC Life Changes 4:00 pm / ILC COOK OUT AT EE Cooking starts at 5:30. 5:30 – 7:00 pm / EE 	23 Coffee Hour 10:00 am / EE Men's Network 11:00 am / BB Writing 1:00 pm / LL Albany Women's Group 3:00 – 5:00 pm / AL Film: Field of Dreams 5:30 pm / EE / 1h 47m / PG	24 Wellness for Women 11 am – 1 pm / CNY
26 Game Group 2:00 pm / Z	27 Alternatives to Suicide 4:30 pm / EE	28 Meditation 2:00 pm / LL	29 Mood Boosters 11:00 am / Renss. Library Women's Network 3:00 pm / ILC Life Changes 4:00 pm / ILC Hearing Voices 4:00 pm / EE 	30 Coffee Hour 10:00 am / EE Men's Network 11:00 am / BB Writing 1:00 pm / LL Albany Women's Group 3:00 – 5:00 pm / AL	31

AL = Howe Library, 105 Schuyler St., Albany (Large Conference Room)
 BB = Bruegger's Bagels, 55 Congress Street, Troy
 CNY = Cohoes Falls Apartments, 2 N Mohawk St., Cohoes
 EE = Empowerment Exchange, 2136 Burdett Avenue, Troy

ILC = Independent Living Center, 15 Third Street, Troy
 LL = Lansingburgh Library, 27 114th Street, Lansingburgh, Troy
 Z = Zombie Planet, 1238 Central Avenue, Albany